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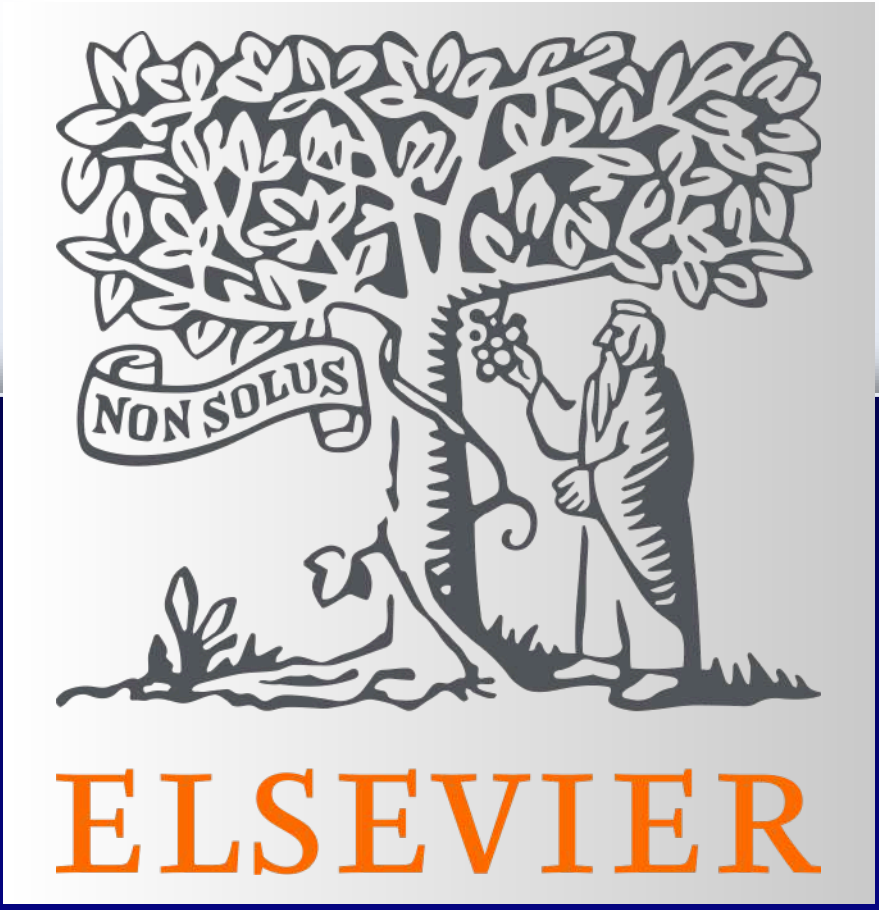

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Probiotics and Health Benefits

Nikita Goswami[1], Manya Behl[2]

University Institute of Biotechnology, Chandigarh University, Gharuan

University Institute of Biotechnology, Chandigarh University, Gharuan

nikita.uibt@cumail.com

Abstract

Probiotics are the living miniaturized scale creatures which upon ingestion in specific numbers apply wellbeing benefits past innate general sustenance. Dairy items are the best known probiotics nourishment source. Organisms from numerous particular genera are used as a detailing of probiotics. The most commonly used bcterial strains are members of the heterogeneous group of Enterococci, Lactic Acid Bacteria; Bifidobacteria, Lactobacilli, Lactobacilli and Bifidobacteria . Probiotic living being can apply its belongings locally or amid transient section through the gastrointestinal framework. Probiotic bacteria are acid and bile tolerant. On consumption of probiotics microorganisms , a beneficial effect on the gut is produced as probiotics make important micro flora (Lactobacilli and Bifidobacteria) and eradicate harmful bacteria (Coliforms and Clostridia) from the gut. Probiotic bacteria can be isolated from human milk, curd, yoghurt and other fermented products. A probiotic bacterium is cultured on MRS media enriched with carbohydrates, vitamins, amino acids and lipids. They can be characterized by observing morphology of bacterial cell and by conducting certain biochemical tests

Introduction

Probiotics are defined as 'Living microorganisms which upon ingestion in certain number exert health benefits beyond inherent general nutrition' (Ouwehand et al., 2002). Source of Probiotics strain are often the commensals in the gut but the 'Probiotic' term cannot be used until the strains are isolated, characterized and a credible case is presented for their health effects. Probiotic bacteria are a large heterogeneous group of gram- positive bacteria. Probiotic bacteria can be categorized based on a set of morphological, metabolic and physiological characteristics. Following bacteria are considered to be given as Probiotics: *Bifidobacterium (animalis adolescentis, , bifidum, breve andlongum*) and *Lactobacillus (casei,acidophilus, gasseri, fermentum, , johnsonii, paracasei, plantarum, salivarium andrhamnosus.* Strain distinguishing proof can additionally be performed by different reproducible atomic strategies or utilizing one of a kind phenotypic qualities. Models of sub-atomic techniques are: beat field gel electrophoresis and arbitrarily opened up polymorphic DNA. Phenotype qualities for strain distinguishing proof include: deciding the nearness of additional chromosomal hereditary

components, maturation of a scope of sugars and discovery of conclusive aging items acquired from glucose use.

In spite of the fact that glucose is the primary carbon source, the metabolic pathways contrast as homofermentative microscopic organisms, Furthermore, LAB delivers little natural exacerbates that give the fragrance and flavor to the matured item (Beasley, 2004). LAB was first segregated from drain. LAB happens normally in aged nourishment and has been distinguished in soil, water, excrement and sewage. LAB exists in human. LAB have been utilized as an enhancing and texturizing specialist and additionally an additive in nourishment for a considerable length of time and are presently included as starters in sustenance. LAB has hostile to microbial movement because of generation of lactic and natural corrosive which prompts diminish in pH of the development condition. Low pH instigates natural acids to wind up lipid solvent. Throughout the years the peril of anti-microbial opposition among human pathogens has expanded to a high degree. This has prompted discover the approaches to control the utilization of anti-toxins in veterinary solution and additionally human utilize. For creature feed, Probiotics have turned into a potential option in contrast to anti-infection agents. LAB delivers a scope of metabolic finished results with opposing properties against pathogenic microbes. The finished results are by and large called bacteriocins which are corrupted by protease in GIT.Microorganisms used as probiotics (Ouwehand *et al*., 2002).

Lactic acid bacteria: Inside the gathering of LAB, Lactobacillus and Bifidobacterium species are most generally used gathering of microorganisms for their potential recipient properties as Probiotics. The adversarial action of such microscopic organisms is known to restrain countless and urinary pathogenic microorganisms. Probiotic microscopic organisms are generally dispersed in nature and their most basic territories incorporate aged and unfermented sustenance things (like drain and drain items, meat, grains and vegetables), digestion tracts of creatures, soil, water bodies, compost and sewage and these are usually utilized as hotspots for their detachment (Siraj et al., 2003).

Lactobacillus: The variety *Lactobacillus* is wide and heterogeneous ordered unit involving in excess of 100 unique species, having a place with the gathering of lactic corrosive microbes (LAB). They are described by the development of lactic corrosive as a sole or principle final result of starch digestion. The *Lactobacilli* are Gram-positive, non-spore framing bars or *coccobacilli* with a G+C content more often than not underneath 50 mol %.they are entirely fermentive, aerotolerant or anaerobic, acidoduric or acidophilic and have complex nutritious necessities (sugars, amino acids, peptides, unsaturated fat esters, salts, nucleic corrosive subsidiaries, vitamins. Numerous species are critical constituents of typical gut microbiota of human and creatures and their event and number are have subordinate. They are utilized in fabricate of dairy items essentially strains of *Lactobacillus acidophilus*.

***Bifidobacterium*:** These are depicted as pole molded, non-gas creating anaerobic microorganisms with bifido bacterial morphology that are typically present in the defecation of bosom encouraged newborn children. They are for the most part described as Gram

positive, non spore shaping, non motile, catalase positive anaerobes that create acidic and lactic acid from starches without the age of CO2. They are non-pathogenic and are a piece of the ordinary digestive system microflora of people and creatures. The ideal development temperature is 37° C to 41 °C and pH is 6.0 to 7.0. It helps in direction of intestinal microbial homeostasis, hindrance of pathogens and unsafe microscopic organisms that colonize and contaminate the gut mucosa, regulation of neighborhood and methodical invulnerable reactions, constraint of genius cancer-causing enzymatic exercises inside the microbiota, generation of vitamins and bioconversion of various dietary mixes into bioactive particles (Makete, 2016).

***Bacillus*:** *Bacillus* species are gram positive, spore framing, and catalase positive and vigorous microorganisms, normally connected with soil, water and air. Bacillus species are regularly allochthonous organisms to the human intestinal tract. This gathering of microorganisms is very various and the G+C substance of individual creatures extend from 32 to 69%. The benefits of utilizing *Bacillus* species for Probiotics are warm solidness and capacity to survive the low pH of the gastric hindrance.

***Enterococcus*:** They are gram positive, catalase negative and can change over glucose into lactic corrosive as the fundamental result of essential digestion. They don't deliver spores. They are oxidase negative and facultative anaerobes. They are normal commensals of the gastrointestinal tract, the oral hole and the vagina in people (Fritzenwanker et al., 2013). Living beings in the variety develop at an ideal temperature of 35°C and a portion of the animal groups develop at temperature going from 10°C to 45°C and develop at essential condition of pH 9.6.

Saccharomyces: It is the genus of budding yeast. *Saccharomyces cerevisiae* tolerates a wide range of pH with optimum growth at temperature ranging from 30^0C to 35^0C and acidic pH . Live yeasts are used as probiotic feed additives for ruminants. Live yeast cells have been found to enhance digestion through the secretion of selected enzymes in the gastrointestinal tract.

Among these microorganisms, species of *Bifidobacterium* and *Lactobacillus* and are mostly utilized as Probiotics.

Properties of Probiotic bacteria:

Resistance to low pH: For achieving the small digestive system, probiotic microscopic organisms go through the very acidic states of stomach. Although in the stomach, pH can be as low as 1.0, in most *in vitro* assays pH 3.0 is preferred. For selection of the strains resistant to low pH, PBS (pH- 3.0) is used (Bhatt *et al*., 2012).

Antimicrobial activity: Probiotic bacteria have antimicrobial activity against pathogenic bacteria like *Pseudomonas sp. Klebsiella sp.,Staphylococcus sp., Bacillus sp., E.coli, (*Hawaz, 2014). This property helps to eliminate pathogens from gut and establish healthy micro flora.

Adherence to intestinal epithelium: The ability to adhere to intestinal cells leading to blockage of sites that could be occupied by pathogens.

Mechanism of action of Probiotics:

Colonization by other strains of bacteria is inhibited by bacteria in micro flora by the sum of processes which is called colonization resistance (Rolfe, 2000). The mechanisms by which Probiotics help to prevent intestinal disorders are listed below:

- Competitive inhibition: Bacterial adhesion sites on intestinal epithelial surfaces are blocked by the constituents in Probiotics by mechanism of competitive inhibition (Rolfe, 2000).

- Interference with quorum sensing signaling: Communication b/w bacteria carried out by auto-inducers is called quorum sensing that helps to start infection. Probiotic bacteria secrets a molecule that inhibits the quorum sensing signaling.

- Degradation of toxin receptor: There is presence of toxin receptors on the intestinal mucosa which are utilized by the pathogenic bacteria for causing diseases. These toxin receptors are degraded by Probiotics which leads to inhibition of action of pathogenic bacteria.

Conclusion

Probiotics microorganisms impart beneficial effects to human beings and animals. These microorganisms play a role in maintaining healthy life by providing intestinal microbial balance. Lactic Acid Bacteria is mostly used as Probiotics to support animal health. The whole study of probiotics leads towards the composition of human gut micro biota and how it is related to the metabolism, immunity and various diseases. This study depicts the mechanism of working of probiotics, bacterias used for probiotics, properties of probiotics and beneficial effects of consumption of probiotics.

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